

A lush green forest with many trees and a grassy field. The trees are tall and have dense green foliage. The ground is covered in bright green grass. The overall scene is peaceful and natural.

Nature's Embrace Retreat

in Lithuania

Rekindle Your Connection with Loved Ones

Nature's Embrace Retreat

at Hotel Palaima, Lithuania

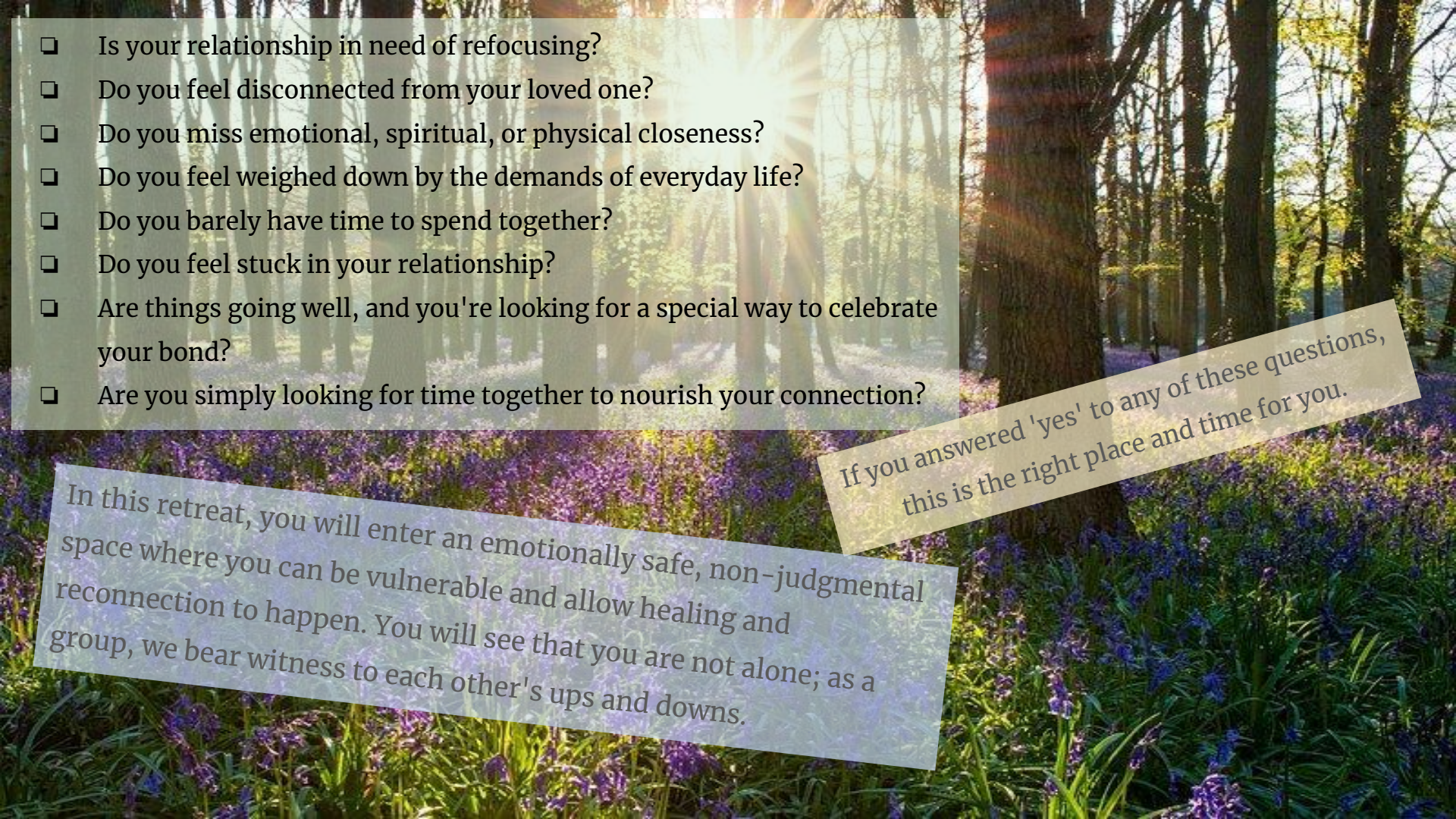
Step away from the rush of daily life and nurture your most cherished relationships with our immersive Forest Bathing (Shinrin Yoku) Retreat in the Baltic state of Lithuania in the small yet exquisite boutique [Hotel Palaima](#), surrounded by pristine nature, right by the Lake Rubikiai.

Whether you're attending with a partner, close friend, or family member, this retreat is designed to strengthen bonds through the healing power of nature.

As we slow down and immerse ourselves in His divine creations, we'll discover the sacred beauty of connection—with each other and with the Creator.




Date: June 15th-18th, 2025


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- Is your relationship in need of refocusing?
 - Do you feel disconnected from your loved one?
 - Do you miss emotional, spiritual, or physical closeness?
 - Do you feel weighed down by the demands of everyday life?
 - Do you barely have time to spend together?
 - Do you feel stuck in your relationship?
 - Are things going well, and you're looking for a special way to celebrate your bond?
 - Are you simply looking for time together to nourish your connection?

If you answered 'yes' to any of these questions,
this is the right place and time for you.


In this retreat, you will enter an emotionally safe, non-judgmental space where you can be vulnerable and allow healing and reconnection to happen. You will see that you are not alone; as a group, we bear witness to each other's ups and downs.



🌲 Deepen Your Connection: Enter the enchanting Lithuanian forests together, where each shared step brings you closer. The calming whispers of the trees, the soft rustling leaves, and the beauty of nature invite you to be present with one another and deepen your relationship.



🌳 Embrace Nature and Each Other: Experience Shinrin-Yoku, the Japanese practice of forest bathing, in its purest form. Together, you'll engage all your senses in the heart of the forest—feel the earth beneath your feet, listen to birds singing, and breathe in the refreshing scent of wildflowers and pine. This is your time to rediscover connection, not only with nature but with each other.



🌱 Renew Mind, Body & Relationships: Enjoy guided forest bathing sessions designed to cultivate mindfulness, connection, and rejuvenation for any relationship. With the support of an experienced guide, explore moments of reflection and joy as you share the peace and beauty of the natural world around you.






🌿 **Luxurious Accommodations:** Relax in the tranquil setting of Hotel Palaima, where modern comfort meets nature. Each room, with its soothing earth tones and the calming views of the forest, provides a peaceful haven for rest and reconnection.

🍲 **Private Dining Experiences:** The in-house restaurant is renowned for its fresh, local dishes with a touch of 'Swissness' and has received multiple awards for it. Here, we enjoy the finest local traditional dishes with a hint of international and Swiss flavors. Composed of regional and seasonal ingredients, they awaken an appetite for more, suited to every season. They are attentive to special requests, such as food intolerances.



💖 **Customized Experiences:** Personalize your retreat to fit your shared journey. Whether you're looking for adventure, serenity, or quality time, choose from a variety of optional activities such as forest hikes, foraging for wild berries, sunset picnics, or stargazing. Explore the surrounding wilderness with alpaca walks or paddleboarding excursions, and create memories that last a lifetime.

 **Unwind Together:** After a day spent immersed in nature, release tension and stress with a traditional Lithuanian sauna, hot pot or massage. The warm heat will cleanse your body and mind, allowing space for true relaxation and strengthening of your bond. Choose a couple's or individual massage to deepen your retreat experience.



Daily Schedule Sample

Morning: Breakfast & Quiet Time

Start the day with a peaceful breakfast, followed by optional personal reflection or devotion time. Enjoy the beauty of the morning surrounded by nature.

Morning Forest Bathing Session

Join us for a guided forest bathing experience, focusing on connecting with God's creation and each other.

The forest bathing experience will offer a chance to slow down to find stillness, connect with body, mind and spirit and the divine in nature.

Midday: Lunch & Free Time

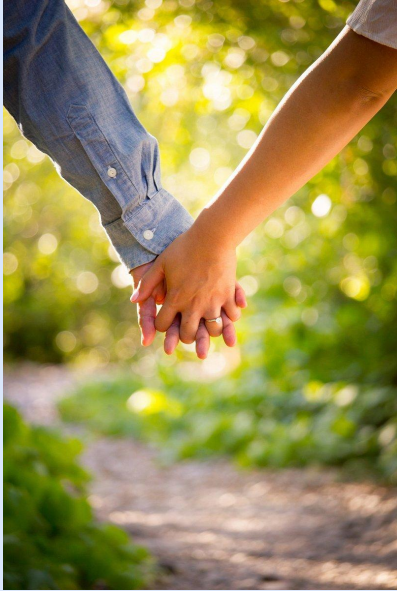
Enjoy a nourishing lunch. Afterward, take advantage of free time to relax, journal, or explore the natural surroundings.

Afternoon: Workshop & Coaching

Participate in an interactive workshop designed to deepen your faith and relationship through a nature connection wellness plan. Following the workshop, you can meet with your guide for personal guidance to help integrate these practices into daily life or just relax with activities like paddling on the lake, handcrafts workshops, visit to the sauna, hot pot, or explore your surrounding.

Evening: Dinner & Optional Reflection

Share a meal with fellow couples and reflect on the day. Optional evening activities may include a outdoor fire, prayer circles, quiet reflection time, or enjoying the sunset together.





Your Guide

The forest bathing retreat is guided by the certified forest bathing guide and forest therapist, Diana Erwin-Stöckli, who was born and raised in Switzerland and lives in MN, USA with her husband of 25 years and is a mother of four children. Her deep love for nature and her own journey in marriage have taught her how important it is to find moments of peace and mindfulness. With a background as a clinical social worker and a focus on nature-based therapy, she helps people rediscover their inner balance and experience healing.

Her approach connects body, mind, and soul, integrating faith in God into the healing process. Through her extensive experience working with individuals in challenging life phases, she creates an empathetic and safe space. With great passion, she guides couples on their journey toward renewed harmony and connection, bringing valuable experience in supporting those struggling with trauma, burnout, anxiety, depression, or relationship issues.



★ **Book your reconnection journey:**

Strengthen your bond with a loved one and create meaningful experiences at Hotel Palaima's Forest Bathing Retreat. Limited spaces are available, so reserve your place now to reconnect in the peaceful beauty of Lithuania's untouched wilderness.

💖 **Rediscover Connection.**

Reconnect with Nature.

Renew Your Bond at Hotel Palaima. 💖



€ Price: \$ 990 per person in double room or \$1950 for a pair in double room, airport transfer meals and retreat activities included. Sauna, Hot Pot, Massage can be added as desired. Flight is not included. Nearby Airport Vilnius.

Early bird before January 30, 2025:
For a pair \$1820
Per person \$895

Sign up and cancelation Policy

Sign-Up Process

1. **Registration:** To secure your spot, please complete the online registration form and submit the required deposit. Spaces are limited, and we recommend early registration to ensure availability.
2. **Deposit:** A non-refundable deposit of \$285 amount is required at the time of booking. This deposit will be applied toward the total cost of the retreat.
3. **Payment:** Full payment is due 70 days before the start of the retreat. If the full payment is not received by the due date, your spot may be forfeited.

Cancellation Policy

We understand that life can be unpredictable. If you need to cancel your registration, please notify us as soon as possible. Our cancellation policy is designed to protect both our participants and our ability to offer high-quality retreats.

1. **Cancellations made 60 days or more before the retreat:** You will receive a full refund minus the non-refundable deposit.
2. **Cancellations made between 60 and 30 days before the retreat:** You will receive a 50% refund of the total retreat cost.
3. **Cancellations made less than 30 days before the retreat:** Unfortunately, no refunds will be issued at this stage, as we will have already committed to expenses and preparations.

Transfer of Registration

If you are unable to attend the retreat, you may transfer your registration to another person. Please notify us in writing at least 10 days before the retreat begins.

Cancellation by Retreat Organizers

In the unlikely event that we need to cancel the retreat due to unforeseen circumstances, you will receive a full refund, including your deposit. We are not responsible for any additional costs (such as airfare, hotel accommodations, etc.) incurred by participants.

Travel Insurance

We highly recommend purchasing travel insurance that covers retreat cancellations, illness, or any other unexpected events. This will protect your investment and provide peace of mind.